



# Arrow-Leaved Balsamroot



The flower and the seeds of the arrow-leaved balsamroot look like small sunflowers.

## Arrow-Leaved Balsamroot

The leaves of this beautiful yellow flower are shaped like an arrowhead. This is where it gets its name.

### Energy Food:

The Native Americans in southern Oregon used the arrow-leaved balsamroot seeds for food. They ate them raw or ground them and mixed them with fat to form balls. The balls were rich in energy and were stored for winter use.



*Remember! Spare a flower, share a flower!  
If you pick a flower, no one else can enjoy its beauty.*

